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**Cover illustration:**

**A Group of Soldiers**

**by C.R.W. Nevinson, courtesy of the Imperial War Museum**

### Editorial staff

Col. Doug Richardson	48th Fighter Wing commander
Capt. Patrick Ryder	Public affairs chief
TSgt. Mary McHale	Public affairs NCOIC
SSgt. Scott Davis	Editor
SrA. Lisa Krebs	Assistant editor

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Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photos are Air Force photos unless otherwise indicated.

The deadline for submissions to the "Jet 48" is noon Friday, the week prior to publication. For weekend events, the deadline is noon the Monday prior to publication, provided the editor is notified in advance. The public affairs office reserves the right to edit all material submitted for publication. Contact the editor in Bldg. 1085, call Ext. 5640, e-mail Jet48@lakenheath.af.mil or fax Ext. 5637.

<http://www.lakenheath.af.mil/current/jet48.htm>

## Lest we forget

**By Col. Doug Richardson  
48th Fighter Wing commander**

This weekend marks two very important days: Remembrance Day and Veterans Day. While Liberty Wing members take some very well deserved rest, let's all take time to reflect upon those whom we honor.

This weekend the Liberty Wing remembers the contributions of veterans made in countless wars, conflicts, and places. There will be a ceremony at the Wings of Liberty Park Tuesday at 11 a.m. where we'll lay a remembrance wreath and observe two minutes of silence in honor of those who've served. The uniform is battle dress uniform and I encourage everyone who can to attend.

## Glare adds to night driving problems

**By Frederick Cole  
48th Fighter Wing safety**

As the four-day weekend approaches, road trips beckon and so do some dangers—especially at night, when light glare can become a deadly danger.

Nighttime glare is one equalizer that can reduce even the best night driver to an accident statistic.

Everyone sees less at night, even people with excellent vision. People who have restricted vision in daylight see even worse in the dark.

Two-thirds of all traffic deaths happen at night, when only 35 percent of driving occurs, because at night you drive as if by candlelight, even with headlights. But it's even worse if you have too much light.

## Appreciation week set aside for families

**Bill Sokolis  
Family Support Center**

William S. Cohen, the Secretary of Defense, designated Nov. 23 - 30 as Military Families Appreciation Week.

This is the 11th year the week of Thanksgiving has been set aside to pay special tribute and to give thanks to military families.

In his proclamation, Cohen stressed the value of families to the mission and to the morale of our Armed Forces.

"Frequent moves and extended family separations make military and family life unique and challenging," said Cohen.

"In recognition of that, we are continuously working to improve the quality of life for the military community. I encourage our military members and their families to take full advantage of the many local community and family support programs we have devel-

## A note from the CSAF

To the men and women of the United States Air Force,

I would like to share my thoughts on our core values and how important they are in all aspects of our lives.

Our core values, integrity first, service before self, and excellence in all we do, set the common standard for conduct across the Air Force. These values inspire the trust which provides the unbreakable bond that unifies the force. We must practice them ourselves and expect no less from those with whom we serve.

*Michael E. Ryan*  
MICHAEL E. RYAN  
General, USAF  
Chief of Staff

Studies on the subject of night blindness indicate more than 60 percent of drivers suffer from glare blindness.

Even after the glare has passed, drivers are affected, like a person who enters a dark theater from bright daylight. At 50 miles per hour, a driver will not see clearly for at least 70 to 80 feet.

Eliminate glare where possible. Adjust your lights correctly. It's not good enough to have your lights aimed left, they must be adjusted down to the road.

To help reduce glare, clean your windshield inside and out. Smokers should clean the inside more often as smoke produces a window grime that causes glare.

A last resort if these precautions fail is to slow down and look to the left edge of the road, away from the glare. This could cause you to drift however, so be alert and careful.

oped over the years. These programs, ranging from excellent recreational activities to outstanding parenting programs, are designed to enrich the unique lifestyle of our military members and their loved ones."

The Liberty Wing is proud of its families and would like to make this week a very special occasion. Wing leaders recognize the very important role military families play in accomplishing the mission. Organizations are encouraged to plan special events to honor military families during Military Families Appreciation Week.

The family support center will host a series of video classes on issues of interest to military families. These classes are 11 a.m. - 1 p.m. Nov. 23 - 25. Topics include couponing, job hunting and balancing work and family.

Send activities submissions to the family support center or e-mail them to bill.sokolis@lakenheath.af.mil. To sign up for a class or for more information, call Ext. 3847.